

**2/2/18 – COLORADO FEDERAL EXECUTIVE BOARD (CFEB)**  
**ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE**  
<http://www.colorado.feb.gov/>

### **CHANGES TO TRICARE PROGRAM**

On January 1, 2018, there were many changes to the TRICARE program. Learn more about the 2018 changes | Visit <https://tricare.mil>  
Health Net Federal Services | <https://www.tricare-west.com>

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### **OPM**

#### **The Federal Human Resource Institute (FHRI)**

FHRI is now offering the first in a series of HR disciplines designed to enhance the learning and development of our workforce within the Federal Government.  
<https://cldcentral.usalearning.net/mod/page/view.php?id=25354>

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### **FEBRUARY**

#### **BONFILS BLOOD DRIVE – DENVER FEDERAL CENTER**

February 8, 2018 | 8:00 am - 1:30 pm | Denver Federal Center | Bldg. 67, Room 180A, First Floor | SCHEDULE AN APPOINTMENT | [www.bonfils.org](http://www.bonfils.org) (site code is 2015) | 303 363 2300  
Lori Freerksen | 720 291-0273 | [lori\\_freerksen@bonfils.org](mailto:lori_freerksen@bonfils.org)

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### **BREAKFAST SERIES CLASSES**

#### **Social Security & Medicare**

February 12, 2018 | 8:00 – 9:00 am | Denver Federal Center, CFEB Training Room, Bldg. 25, Denver, CO | Free | Online registration required: <https://colorado.feb.gov/register/?ee=429>

**INSTRUCTOR** | Ann Vanderslice

**CONTACT** Jeff Conn | 303 202 4588 | [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov)

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#### **BONFILS BLOOD DRIVE – PUEBLO CHEMICAL DEPOT**

12 Feb 18 | 12:00 – 4:00 pm | Pueblo Chemical Depot | Pueblo CO | Bonfils Bus in Building 6 Parking Lot | For eligibility questions, contact Bonfils Donor Relations at 800-365-0006, ext 1.  
**CONTACT** Kathryn Cain | 710 549 4060 | [kathryn.r.cain.civ@mail.mil](mailto:kathryn.r.cain.civ@mail.mil)

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## **CFEB HALF DAY RETIREMENT CLASSES**

**Thrift Savings Plan and Financial Principles & Six costly errors in the co-ordination of your beneficiary designations**

February 15, 2018 | **8 am - 12 pm** | Register: <https://colorado.feb.gov/register/?ee=426>

February 15, 2018 | **1 – 5 pm** | Register: <https://colorado.feb.gov/register/?ee=427>

CFEB Training Room | Denver Federal Center | Lakewood CO | Cost: \$65 per class

**INSTRUCTOR** | Sharla Rountree

**CONTACT** Jeff Conn | 303 202 4588 | [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov)

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## **VETERANS HIRING EVENT**

February 21, 2018 | 1:30 - 4:00 pm | William Reed Special Event Center, 6550 Specker Ave, Bldg. 1829, Fort Carson, CO | Veterans, Military Spouses, Active Duty & Reserve/National Guard members | For more information | [www.ppwfc.org](http://www.ppwfc.org)

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## **DENVER FEDERAL SAFETY & HEALTH COUNCIL MEETING**

February 21, 2018 | 1:00 pm | National Park Service, 12795 W. Alameda Pkwy, Conference Rm 10A, Lakewood, CO, | Free, will need Government ID to enter

**CONTACT** | Bruce Sanford | 303 289 0101 | [bruce.a.sanford.civ@mail.mil](mailto:bruce.a.sanford.civ@mail.mil)

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## **sUAS WORKSHOP - FIRE & LAW ENFORCEMENT AGENCIES**

February 22, 2018 | 9:00 am - 12:00 pm | Centennial Airport, 2d Fl, 7800 S. Peoria St. Englewood, CO 80112 | Limited seating, RSVP is required: <http://bit.ly/UASworkshop0218>

Workshop is focused primarily on Fire and Law Enforcement, other “non-commercial” agencies, such as military, Search and Rescue, FEMA, DHS are welcome.

Familiarization with Centennial Airport Class D airspace and sUAS grid map

 sUAS classifications, operator classifications

- ✚ Overview of Part 107, SGI Addendum (formerly Emergency COA)
- ✚ Operating DOs and DON'Ts
- ✚ Procedures for authorization to fly in Centennial Airport Class D airspace
- ✚ Walk-through the Special Government Interest authorization/waiver process
- ✚ There is NO CHARGE for this workshop

CONTACT | Deborah Grigsby Smith | 720 272 4992

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## **MARCH AND BEYOND**

### **WRITING YOUR FEDERAL RESUME**

March 7, 2018 | 9:00 - 11:00 am | Denver Federal Center, CFEB Training Room, Lakewood, CO | Free | Online registration is required: <https://colorado.feb.gov/register/?ee=431>

OPM Trainer, Mr. Todd Floersheim will explain each section of the job opportunity announcement (JOA) to better inform applicants and help them in selecting the right job.

- ✚ Highlight a 3 part process to help applicants write their Federal resume
- ✚ Use a real JOA to walk through a process that helps you determine qualifications and interest, identify the important requirements and then tailor your resume for that JOA
- ✚ Review the resume builder on USAJOBS

CONTACT | Jeff Conn | 303 202 4588 | [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov)

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### **2018 ROCKY MOUNTAIN SURVEYORS SUMMIT**

March 7-9, 2018 | Begin 7:00 am | Arvada Center for the Arts & Humanities, 6901 Wadsworth Blvd Arvada, CO | Register at: [https://www.plsc.net/2018\\_summit.php](https://www.plsc.net/2018_summit.php)

The Professional Land Surveyors of Colorado (PLSC) invite you to be a part of the 8th Annual Rocky Mountain Surveyors Summit. The PLSC is dedicated to the improvement of land surveying education and practice. We encourage land surveying professionals and individuals interested in our profession to participate in our upcoming events, visit our Chapter websites and be involved! This is a great profession, and PLSC is here to support the profession to continually improve the survey practice within Colorado.

CONTACT | [plsc@plsc.net](mailto:plsc@plsc.net)

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## **DEFENSE & VETERANS BRAIN INJURY CENTER (DVBIC) WEBINARS**

Save the following dates in 2018 for the webinar's. Registration information to follow.

**March 8 | May 10 | July 12 | September 13 | November 18**

CONTACT Robin Wininger | 719 526 8636 | [robin.r.wininger.ctr@mail.mil](mailto:robin.r.wininger.ctr@mail.mil)

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## **BREAKFAST SERIES CLASSES – Phased Retirement**

March 27, 2018 | 8:00 – 9:00 am | | Denver Federal Center, CFEB Training Room, Bldg. 25, Denver, CO | Free | Online registration required: <https://colorado.feb.gov/register/?ee=432>

**INSTRUCTOR** | Ann Vanderslice





CONTACT Jeff Conn | 303 202 4588 | [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov)

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## **CFEB FERS RETIREMENT CLASS**

March 28, 2018 | 8:30 am - 4:00 pm | CFEB Training Room, Denver Federal Center, Denver, CO | Cost: \$130 | Online Registration: <https://colorado.feb.gov/register/?ee=421>

For federal employees in the newer of the two federal systems, this class teaches you how to get the most out of your federal benefits. Topics include:

-  How to calculate your pension
-  How to maximize your sick, annual leave, & survivor benefits
-  All insurance benefits
-  Everything you need to know about the Thrift Savings Plan

**INSTRUCTOR** | Ann Vanderslice

**CONTACT** Jeff Conn | 303 202 4588 | [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov)

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## **CIVIL DISTURBANCE TABLE TOP TRAINING EXERCISE**

April 4, 2018 | 8:30 am – 12:00 pm | Denver Federal Center, CFEB Training Room, Bldg. 25  
Online Registration: <https://colorado.feb.gov/register/?ee=433>

CONTACT | Jeff Conn | 303 202 4588 | [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov)

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## **CFEB CSRS RETIREMENT CLASS**

April 11, 2018 | 8:30 am - 4:00 pm | CFEB Training Room, Denver Federal Center, Denver, CO | Cost: \$130 | Online Registration: <https://colorado.feb.gov/register/?ee=422>

With the most complex set of government benefits including sick leave, annual leave, health insurance, life insurance, long-term care insurance and a complicated set of rules for calculating retirement benefits, the CSRS employee can wind up feeling overwhelmed and paralyzed. This class will teach participants how to maximize their CSRS benefits to retire successfully.

**INSTRUCTOR** | Ann Vanderslice

**CONTACT** Jeff Conn | 303 202 4588 | [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov)

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### **SAVE THE DATE | FEDERAL CUP 5K WALK, RUN & KIDS FUN RUN**

May 19, 2018 | 8:15 am | Denver Federal Center, Bicentennial Park | Registration link is forthcoming

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## **ONGOING ANNOUNCEMENTS**

### **TSA VOLUNTEER OPPORTUNITY**

TSA is seeking individuals that would like to volunteer their time to serve as decoy travelers (hereafter decoys) that would be willing to have limited amounts of explosive training aids either placed on the individual or in their carry-on luggage (provided by TSA), and walking through the airport environment as a terrorist role players.

The requirements are as follows:

- ✚ Decoys must not have health or emotional issues that would preclude working in close proximity to canines. Individuals will perform the decoy role in an airport environment acting as a traveler. In this role, the decoy must not object to being searched by TSA canine; have no fear of being around / near a canine; have no allergies to canines. The decoy must not have health issues that would preclude walking, standing or sitting.
- ✚ Decoys are not permitted to smoke at any time during an exercise or stand closer than Fifty (50) feet from a person who is smoking.
- ✚ Both male and female decoys are required, varying body mass indices and ages are encouraged.
- ✚ Decoys must be able to read, write and speak English.
- ✚ State, federal and municipal employees **or**
- ✚ Approved SIDA badge holders from the state of Colorado **or** other airports.
- ✚ Active **or** retired military.

Decoys will be expected to sign a Non-Disclosure Agreement. A safety briefing will be conducted prior to the training event. The decoy will be required to sign a safety briefing consent form. Training aids will remain under the control of TSA. Aids can be safely worn or

carried by decoys as long as the decoy follows the protocols delineated in the safety briefing provided before each training event.

We will be holding ongoing training sessions with varied times. If interested, please reach out to our Program Assistant John Ramirez directly at 303-870-6270 or email [DEN\\_K9@TSA.DHS.GOV](mailto:DEN_K9@TSA.DHS.GOV)

## **UNITED SERVICE ORGANIZATIONS (USO) PATHFINDER PROGRAM (TRANSITIONS SERVICES)**

M-F | 8:00 am – 4:00 pm | Fort Carson | 1638 Elwell St, Bldg. 6236 Rm 127 | CO Springs, CO  
CONTACT | Ron Kriete | 719 338 9322 | [rkriete@uso.org](mailto:rkriete@uso.org) | [www.USO.org/pathfinder](http://www.USO.org/pathfinder)

Support from the USO doesn't end when you leave the military. USO Pathfinder extends the USO experience to you and your family as you transition from military service and settle into your new civilian community.

## **TRAINING @ DOI UNIVERSITY**

<https://doiu.doi.gov/catalog.html?type=sp&id=lakewood>  
Denver Federal Center | Bldg. 53, Denver, CO

DOI University (DOIU) offers competency-based training courses and programs designed to increase the skills of all federal employees.

CONTACT Pam Stovall | 303 236 0061 | [Pamela\\_Stovall@ios.doi.gov](mailto:Pamela_Stovall@ios.doi.gov)

## **USGS TRAINING**

USGS offers Instructor led, On-line, Virtual and User-Defined classes. Click on the link for a list of scheduled classes | <https://www2.usgs.gov/humancapital/doilearn/>  
**CONTACT** Nancy Gregory | 303 445 4668 | [ngregory@usgs.gov](mailto:ngregory@usgs.gov)

## **DENVER COMMUNITY EMERGENCY RESPONSE TRAINING PROGRAMS**

<http://www.denvergov.org/oem> | [DenverCERT@denvergov.org](mailto:DenverCERT@denvergov.org) | 303 725 3084

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## **TOASTMASTERS CLUBS**

### **Arrowhead Toastmasters Club**

Tuesday's | 12:00 - 1:00 pm | National Park Service | 12795 W Alameda Pkwy | Lakewood CO  
(open to the public, but ID required at security check-point) | Rick Barrett | 303 969 2606 |  
[rick\\_barrett@nps.gov](mailto:rick_barrett@nps.gov) | <http://4435.toastmastersclubs.org/directions.html>

### **Commerce Communicators**

1st & 3d Thursdays of the month | 1 - 2 pm | Boulder Labs campus

CONTACT | Amanda Koepke | 303 497 4047 | [amanda.koepke@nist.gov](mailto:amanda.koepke@nist.gov)

#### **Denver Federal Center Dam Good Speakers Club**

Tuesdays | 11:30 am - 12:30 pm | DFC Building 67, Denver CO | Open to federal employees  
[vpm-3028571@toastmastersclubs.org](mailto:vpm-3028571@toastmastersclubs.org) | <http://damgoodspeakers.toastmastersclubs.org/>

#### **Golden SpeakEZ club – On the NREL campus**

Thursdays 12:00 – 1:00 pm | Meet at reception | Open to federal employees  
CONTACT | [carrie.noonan@ee.doe.gov](mailto:carrie.noonan@ee.doe.gov) | 720 356 1644

#### **Interior Business Center ASC Speakeasy Club**

Wednesdays | 11:30 am - 12:30 pm | Meet at the Building 7301 Security Desk by 11:15 am |  
Open to all | CONTACT | Mike Novick | 303 969 5013 | [mikeal\\_novick@ibc.doi.gov](mailto:mikeal_novick@ibc.doi.gov)  
<http://ascspeakeasy.toastmastersclubs.org/>

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### **VAN & CARPOOL**

#### **LOOKING FOR ADDITIONAL VANPOOL WESTMINSTER TO LAKEWOOD**

92<sup>nd</sup> and Sheridan Park & Ride TO Denver Federal Center and WAPA  
Need 2 drivers/riders | DUTY HOURS | Mon – Fri | 6:30 am – 4:00 pm  
CONTACT | Angela Sigala | [sigala@wapa.gov](mailto:sigala@wapa.gov) | 720.962.7081

#### **FORMING NEW VANPOOL CASTLE ROCK TO DENVER FEDERAL CENTER**

Meadows Pkwy & I25 to Denver Federal Center  
Need 3 drivers/riders | DUTY HOURS | Mon – Fri | 6:30 am – 3 pm  
CONTACT | William Benzel | [wbenzel@usgs.gov](mailto:wbenzel@usgs.gov) | 303 236 2444

#### **FORMING NEW VANPOOL MONUMENT TO DENVER FEDERAL CENTER**

HWY 105 Park & Ride TO Denver Federal Center  
Need five drivers/riders | DUTY HOURS | Mon – Thu | 6:00 am – 4:30 pm  
CONTACT | David Gwisdalla | [gwisdalla.david@epa.gov](mailto:gwisdalla.david@epa.gov) | 303.462.9307

Vanpools needing riders are listed on the CFEB web site  
<https://colorado.feb.gov/resources/van-pools/>

If you would like the CFEB to add your van or carpool to the web site, email the information to  
[jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov)

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### **HEALTH DOES MATTER**

### **Veterans Free Monthly Non-Narcotic Care Clinics**

Held monthly | 9:00 am - 1:00 pm | Various Locations: [www.healingwarriorsprogram.org](http://www.healingwarriorsprogram.org)

**Denver Clinic** | 2d Saturday of the Month | VFW Post 1, 841 Santa Fe Dr. Denver, CO

**Longmont Clinic** | 3d Saturday of the Month | Nat'l Guard Armory, 1512 N. Main St, Longmont, CO

**CO Springs Clinic** | 4th Saturday of the Month | American Legion Post 209, 3613 Jeannine Dr, CO Springs

Clinics designed to help those that have served our country. Please bring proof of military service, i.e. DD214 or military ID. Open to all service members and the spouse/partner/parent.

### **Healing Horses for the Armed Forces**

CONTACT | Suzy MacKenzie | 303 596 2784 | [eaglesnestranch501@gmail.com](mailto:eaglesnestranch501@gmail.com)

Active duty and Veteran service members, as well as their family members are invited to come to the Eagles Nest Ranch and spend time with a horse free of charge.

### **Yoga @ DENVER FEDERAL CENTER - WELLNESS CENTER**

Denver Federal Center | Bldg. 75 | Kiel Hovland | 303 236 6911 | [kiel.hovland@gsa.gov](mailto:kiel.hovland@gsa.gov)

**Tuesday's** | 5:00 – 6:00 pm | Yoga for beginners and intermediates

**Thursday's** | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Sue Doty | Pre-register @ 720-252-7935 | [dotys1@yahoo.com](mailto:dotys1@yahoo.com)

Drop in Cost is \$10 –or- 4-Punch Pass - \$30 (Classes open to all: Feds & Non-Feds; Members & Non-Members)

### **FEHB VIRTUAL SERVICE**

1st Wednesday of every FEHB pay period | 9:00 - 10:00 am

Hosted by Kaiser Permanente | 1 800 632 9700 | [kp.org/feds](http://kp.org/feds)

CONFERENCE LINE | 1 855 851 8843 | Code 570 038 434 #

ONLINE | [www.kpfedtalk.org](http://www.kpfedtalk.org) | kpfedtalk1 | Follow prompts for audio

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### **JOB ANNOUNCEMENTS**

<https://www.usajobs.gov/>

Helpful hiring tips from USAjobs.gov - [https://help.usajobs.gov/index.php/Main\\_Page](https://help.usajobs.gov/index.php/Main_Page)

Links to information on building your resume, etc. -

<http://www.fs.usda.gov/main/r3/jobs/outreach>

### **USFS, Pagosa Springs, CO - Outreach Notice**

District/Zone Fire Management Officer | GS-0301-11

CONTACT | Ellen Shaw | 970 264 1520 | [eshaw@fs.fed.us](mailto:eshaw@fs.fed.us) NLT February 11, 2018



## **Colorado Springs Police Department**

Applications for November 2018 Colorado Springs Police Academy are open through February 16, 2018.

[www.cdpd.coloradospring.gov](http://www.cdpd.coloradospring.gov) | 719 444 7437

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## **CFEB EMAIL ANNOUNCEMENTS**

To submit information to be included in the announcements, please email it by Wednesday of each week to [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov) in the following format.

Title

Date | Time

Location | 3333 W 32 Ave | Denver CO (no punctuation)

Cost (if applicable)

Brief Description (very short marketing blurb | a couple of bullet points or sentences)

CONTACT Name | 303 333 5555 | email

Website

Recent CFEB announcements are posted on the CFEB web site

<https://www.colorado.feb.gov/index.php?content=10&page=Announcements>

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*Have a safe and wonderful Weekend.*

V/r

Fred Eidson | Executive Director | [feidson@colorado.feb.gov](mailto:feidson@colorado.feb.gov)

Jeff Conn | Deputy Director | [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov)

Colorado Federal Executive Board (CFEB) | 303 202 4588 | <http://colorado.feb.gov/index.php>

***Working for the greater good by creating partnerships for intergovernmental communication & collaboration!***

Please email [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov) to subscribe or unsubscribe from CFEB email